



MAYOR JOSEPH A. CURTATONE &
SOMERVILLE CARES ABOUT PREVENTION
PRESENTS

SCAP NEWSLETTER

May 2009

UPCOMING SCAP EVENTS

June 25, 2009

Community Conversation — Bullying

City Hall Annex

50 Evergreen Ave.

Somerville, MA

6:00PM – 7:00PM

A discussion for YOUTH, PARENTS, AND SOMERVILLE RESIDENTS to discuss how Bullying affects the youth of Somerville. PLEASE COME AND SHARE YOUR OPINION!

August 4, 2009

National Night Out

Foss Park

5:00PM – 8:00PM

An event that will bring the community members together with local police, fire, and community agencies. A great event to come and hang out with your neighbors and friends.

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NATIONAL NIGHT OUT

AUGUST 4, 2009

5PM-8PM

FOSS PARK

ONE CALL to CITY HALL

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SOMERVILLE

YOUTH SPOTLIGHT— SABRINA OZIT

Hi! My name is Sabrina Ozit and I am 16 years old. I was born in Haiti on May 6, 1992. I moved to the U.S when I was about 2 or 3 years old. The first school I went to here was the West Somerville Neighborhood School for bilingual. At the time I lived with my two younger brothers and one older sister in Medford, but then we moved to Somerville and I transferred to the Healy School to continue my bilingual. When my sister, Manacha, had to go to high school I had to transfer to Winter Hill Community School and it was there I started third grade in a regular English speaking class. Third and fourth grade went by pretty fast on me. I had met 2 of my now best friends, Ashley and Katie there. So middle school

was pretty cool and interesting.

Then High School began and things started to get hard. The good news is that I still got to have class with my friends, but the bad news is I had to take biology, which I ins not my favorite subject.

Freshman year I got straight A- except I got an A in like 3 classes, but I also got to meet some new people when I joined the girls track team. Track was pretty hard on me freshmen year. I made varsity, but I wasn't very good at all. Outdoor was a lot easier. Sophomore year was a lot easier and I got to meet more people and make even more friends. It was sophomore year I met my friends Subrina, Rojal, Laxchita, and others. So sophomore year was pretty fun and interesting. Now I'm a junior and things are going along pretty well. Things have gotten a lot easier and I've joined a lot of cool and interesting clubs. Like Community Service Club, New Comer's Club and of course SPF 100.



WWW. ALCOHOLSCREENING.ORG

At **AlcoholScreening.org**, you can take a confidential, informative self-test to assess your drinking patterns and receive personalized feedback. You'll find out whether your alcohol consumption is likely to be within safe limits, or if it may be harmful to your health, either now or in the future.

AlcoholScreening.org also features answers to frequently asked questions about alcohol and health, links to support resources, and a database of 12,000 local treatment programs throughout the United States.

For no-nonsense, health-based alcohol information you can use, click on:

<http://www.AlcoholScreening.org>



TUESDAY AUG. 4TH FOSS PARK SOMERVILLE

Somerville Cares About Prevention (SCAP) is organizing National Night Out for the City of Somerville. It will be held Tuesday August 4th from 5PM-8PM at Foss Park.



Together we can make a difference

CALL SCAP TO GET INVOLVED
617.625.6600 ext. 2570

On **Tuesday August 4th, 2009** Somerville Cares About Prevention will hold it's fifth annual **National Night Out event at Foss Park from 5PM – 8PM**. National Night Out is a crime and drug prevention event sponsored by the National Association of Town Watch. Cities across the United States will also be celebrating National Night Out on this date in an effort to create awareness about crime and drugs within their respective neighborhoods. Our goal is to create awareness about how to keep our neighborhoods safe and clean of drugs. This event is open to all Somerville community members and is free for everyone to attend.

Last year more than seven hundred people attended National Night Out and we aim to reach out to even more community members this year. SCAP is spearheading this event by contacting new organizations to participate and publicizing the event earlier in the community. So far we have the Community Action Agency of Somerville, SCAT TV, The Mayor's Task Force, Project Prevention, and Groundwork Somerville on board. We hope to work with organizations that have close ties with non-English speaking populations in Somerville so that we can reach out to a large section of the Somerville community.

Date: 06/25/09

Time: 6—7 PM

City Hall Annex
50 Evergreen Ave.
Somerville, MA

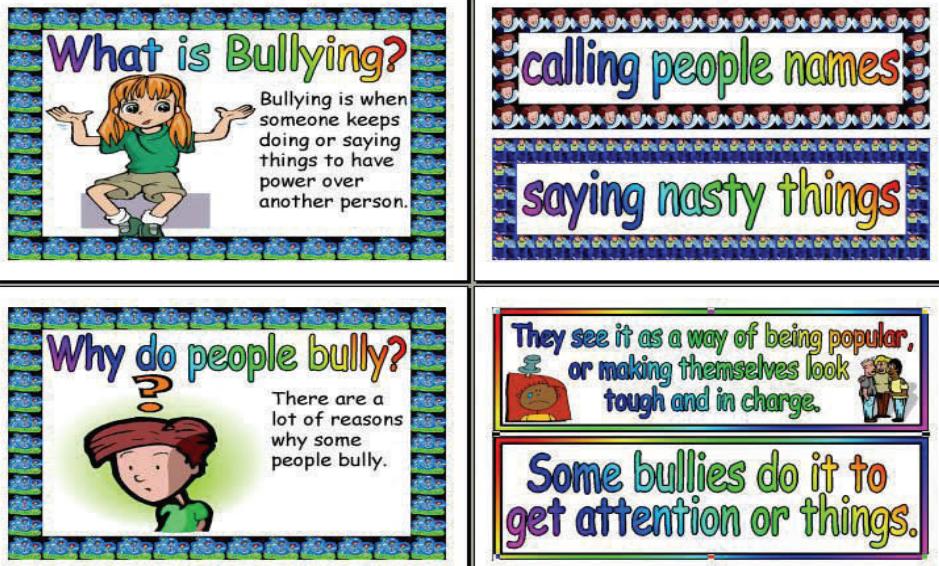
Contact person: Cory Mashburn
617-625-6600 x 2570 or
cmashburn@somervillema.gov

COMMUNITY CONVERSATION

Topic: BULLYING

PLEASE COME SHARE YOUR OPINION

Are you, your friends, or your children being affected by bullies?



A discussion for YOUTH, PARENTS, AND SOMERVILLE RESIDENTS to discuss

TOPICS FOR DISCUSSION

- **What is Bullying**
- **Types of Bullying**
- **Tips for youth to assist them with bullying**
- **Tips for parents to assist youth with bullying**

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BULLYING

BY JESSIE OUELLETTE

Bullying is something that affects the lives of children and adults worldwide. Incidents of bullying occur in many locales; the bus, the lunchroom, the halls, etc. For students in its charge the state defines bullying as occurring when a student is exposed, repeatedly and over time, to negative actions on the part of one or more students.

These bullies taunt kids for many reasons including sexual orientation, race, religion or some other arbitrary reason. Boys' Life offers that bullies do what they do because they don't want to be bullied themselves. If they act like the aggressor others will be less likely to hurt them. Some do it because they think it will help them get in with the "cool" crowd. Others do it because they think it will make them feel smarter, stronger, or better than the person they are bullying. And some may be that way because of what they've seen at home where parents scream and hurt each other. A bully may even think this is how he's supposed to act.

These actions can have negative effects for both the victim and the bully. Studies continually show that preteens, teens and adults who were persistently bullied when they were younger are more likely than others their age to have hallucinations, delusions or other psychotic symptoms. The Archives of General Psychiatry found the risk of psychotic symptoms was approximately doubled **among children who were victims of bullying at age 8 or 10 independent of other psychiatric illness, family adversity or the child's IQ**. Also, students who have been bullied are more likely to skip school, have lower self esteem, be depressed and lonely, have health problems and think about suicide.

For the bully, he's more likely to skip or drop out of school, smoke, drink alcohol, get into fights and end up in the juvenile justice system.

Recently on the Oprah Winfrey Show, Ms. Winfrey hosted the mothers of kids who had committed suicide including eleven year olds Jaheem Herrara of DeKalb County, GA and Carl Walker-Hoover of Springfield, MA. Both had suffered extreme anti-gay taunts despite neither identifying as gay. The mothers may not have known how intense the bullying had been because many kids don't tell parents or teachers because they feel humiliated by the bullying.

Another example of **extreme bullying** is that of Tom Daley. Daley ranked 7th in the Beijing Olympics in Men's 10 meter platform diving. While a student at a community college in Plymouth, England, his father claims he has been tackled to the floor walking through the school field and in class they've thrown pens and pencils at him. Some have even threatened to break his legs. Daley is no longer attending that school.

A recommended response to bullying is to tell a trusted adult. A violent response is only escalating the violence and that's a crime. Victims should strengthen their circle of friends and try not to be alone. They should stay calm. Bullies are looking for a reaction and humor could disarm a bully.

The pros of bullying include the young person learning to stand up for himself and deal with bullies. This is a good skill to have when facing the real world. Another good thing that could come out of bullying is a sense of community that arises when the bystanders rally in support of the victim.

There are definitely more cons than pros with bullying and as the environment changes and new venues for bullying are created such as online and not face to face, new questions are asked. What's the state's role? What's the teacher's role? How can the community allow this? These questions are being worked on in the state house and on campus.



Together we can make a difference

Somerville Cares About Prevention strives each day to reduce substance abuse and the subsequent troubles associated with such use among the residents of Somerville, with a primary focus on the youth of the community. It is with your help and inimitable perspective that we offer an array of outlets of hope and guidance for all, as we work together in building a better and healthier Somerville.

Sincerely,

Cory Mashburn, Acting Director
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The City of Somerville through the Health Department serves as the Coalition's fiscal agent

Should you have a question regarding the content of the E-Newsletter, would like to submit content for future articles or wish to be removed from this distribution list, please email Cory Mashburn at cmashburn@somervillema.gov.

VOLUNTEER OPPORTUNITIES

Writer

Do you have a literary knack? Help SCAP write articles, interest pieces, or editorials for the SCAP newsletter or local newspapers. Time commitment varies depending on length of writing sample.

Youth In Action Project Participant

Adult volunteers are partnered with youth and law enforcement in efforts to promote zero tolerance enforcement, legislative advocacy and eliminate the current retail and social availability of alcohol for minors via the various YIA programs. Current volunteer opportunities are available with the Compliance Checks, Shoulder Tap Surveys and the Sticker Shock Campaign.



Please go the **Somerville Cares About Prevention** website if you would like to find out about other volunteer opportunities.

[http://www.somervillema.gov/
section.cfm?org=SCAP&page=711](http://www.somervillema.gov/section.cfm?org=SCAP&page=711)

SCAP Community Activist

Friendly, outgoing volunteers are needed to reach out to residents, storekeepers, non-profit groups, community groups, etc. to promote the SCAP mission and to encourage involvement. Duties may include distributing informational or upcoming event fliers, and making phone calls to various businesses and residents. Variable hours are available.